

TIP OF THE SWORD

April 8, 2005

Incirlik Air Base, Turkey



How much is too much?

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On the cover:

The 0-1-3 campaign seeks to change the culture of drinking in the Air Force by informing Airmen on how to be responsible drinkers. The program name stands for that goal in numbers: no alcohol related incidents, no more than one drink per hour and only three drinks in one night. See related article, Page 4. (Photo illustration by Senior Airman Jessica Switzer)

Editorial Staff

Col. Michael Gardiner, 39th Air Base Wing Commander
 Capt. Rickardo Bodden, Public Affairs Chief
 1st Lt. S.J.B. Bryant, Public Affairs Deputy Chief
 Tech. Sgt. Robert Burgess, Public Affairs NCOIC
 Staff Sgt. Shanda De Anda, Internal Information, NCOIC
 Senior Airman Jessica Switzer, Editor
 Mehmet Birbiri, Host Nation Adviser
 10th Tanker Base Commander
 Brig. Gen. H. Levent Turkmen

Stepping up

USAFE meets Combat Wingman Challenge

By General Robert H. "Doc"
 Foglesong

U.S. Air Forces in Europe commander

A few months ago I challenged all of U.S. Air Forces in Europe to take part in our new program, Combat Wingman. You took the challenge head-on and today we have a highly successful program that's making a difference.

Our initial plan was to partner our most valuable resources, our people, with one another in sacred contracts that practiced Wingman consideration — an attitude of caring and looking out for each other.

As we mentioned during the program's inception, caring for our Wingmen is a timeless tradition among Airmen. Our aviators fly with their Wingmen "checking their six" and today USAFE military, civilians and family members have adopted the same tradition and carry Combat Wingman cards symbolizing their commitment to each other.

Royal Air Force Lakenheath Middle School recently started a Junior Wingman

program on March 25 modeled after the USAFE program. Under the innovative guidance of Physical Education teacher Betsi Rymer, they now have all 685 students at the school carrying their own Junior Wingman cards.

The students are asked to check in with their Wingmen at least once a day. Besides checking in on each other, Wingmen at the middle school help others with homework. I'm thrilled and amazed to see our USAFE youth adopting this program!

The Combat Wingman program continues to grow, especially as we enter the spring and summer assignment seasons and new members to the USAFE team will need all our help. Our challenge is not only to welcome them to our team, but to also practice that Wingman consideration by helping them tackle any personal and professional challenges they might face.

I want to thank each of you for your help launching Combat Wingman. Let's maintain our Wingman momentum. Combat Wingman — keep checking in!



The USAFE
WINGMAN CARD

It's Time to Check In!

Combat Wingman quick facts

Objective: Promotes and sustains a culture of Airmen actively concerned for the wellness of their fellow Airmen

Rationale: Our jobs are inherently stressful, but we can combat its negative effects by taking care of each other

What can you do:

- ♦ Sign up to be a Wingman: make the personal commitment to watch out for other's wellness
- ♦ Carry a Wingman Card: incorporate the Wingman concept as a part of your daily life
- ♦ Understand the Four Dimensions of Wellness: use its principles to combat stressors in yourself and others
- ♦ Bring your courage: confront your Wingman or other Airmen if you see them delving into destructive behaviors

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COMMANDER'S COMMENTS



By Col. Michael Gardiner,
39th Air Base Wing commander

We have successfully made it through the first attack response exercise of the calendar year. Every time we do something like this, it strengthens our ability to respond quickly and effectively to real world events.

I challenge each and every one of you to take a look at all the findings of the evaluation team and fix what needs to be fixed. Only by learning from our mistakes in training can we be adequately prepared for what fate may throw our way.

Congratulations

Congratulations to the men and women of the 39th Air Base Wing who were recognized at the U.S. Air Forces in Europe and Air Force levels.

Master Sgt. **Jeffrey Martin**, 39th Communications Squadron contracting superintendent, was named the 2004 Air Force contracting Outstanding Senior NCO.

Senior Airman **Jamica Smith**, 39th Operations Squadron weather forecaster and observer, won the Dodson award for Outstanding Weather Airman in USAFE.

Capt. **John Harwood**, 39th ABW Judge Advocate General Office chief of claims and international law, won the 16th Air Force 2004 Albert M. Kuhfeld JAG of the Year Award.

Staff Sgt. **Brian May**, 39th ABW JAG NCO in charge of international law, won the 16th Air Force 2004 Steve Swigonski Paralegal of

the Year award.

The 39th **ABW Chaplain's Office** won the USAFE 2004 Chaplain Service Award for Combat Touch Chapel Programs.

Customer College

The objective of the Customer College is to deliver the training, resources, tools and initial skills required for customer service professionals to provide comprehensive care that exceeds customer expectations. My thanks to all those involved in making the program work.

Congratulations to the following Customer College distinguished graduates:

♦ March 21-24: Staff Sgt. **Tina Bennett**, 39th Comptroller Squadron chief of customer service.

♦ March 29 – April 1: **Cara Citrowske**, 39th Services Squadron youth programs school age coordinator.

Combat Wingman Day

I set today aside as Combat Wingman day to remind everyone that no one lives in a vacuum. It is important to remember what a wingman is and what they do for each other. Sure, they go out together and have a good time but they also make sure neither one of them is going to do something stupid and keep each other out of trouble. Wingmen are more than just names on a card ... they are lifesavers. Get to know yours.

Force Protection

As the weather improves more people are headed out and about. Remember to stay low profile, dress conservatively and remember to have your wingman "check your six." Having a list of important telephone numbers with you could not hurt either. If you see anything unusual while out report it to the law enforcement desk at 6-3200. Each Airman is a key part in the Incirlik Force Protection machine.

Commander's Action Line program

The Action Line program provides an avenue for the Incirlik community to voice their concerns, complaints and opinions to Col. Michael Gardiner, 39th Air Base Wing commander. The program should only be used after trying to resolve the issue through the chain of command. Submit Action Lines by e-mailing action.line@incirlik.af.mil or calling the 39th Public Affairs Office at 6-6060. Concerns will be edited to 300 words or less. Questions and responses may be printed in the *Tip of the Sword*.

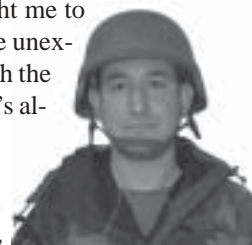
YOUR TURN

How has this exercise helped you prepare for the future?

"It has taught me to be ready for the unexpected, roll with the flow, and there's always room for improvement."

– **Tech. Sgt.**

Evan Schleifer, 39th Air Base Wing Antiterrorism and Force Protection office NCO in charge



"It gives us the opportunity to practice our war time skills. Now that everyone will deploy eventually, this will help with the transition."

– **Maj. Susan**

Airola-Skully, 39th Mission Support Squadron commander



"This is an outstanding opportunity to practice chemical warfare skills and figure this new suit out."

– **Senior Master**

Sgt. Donald Byars, 39th Air Base Wing Manpower and Organization chief



"I have never practiced being in my chem gear as often we do here. Participating in exercises every quarter makes me proficient in wearing the mask and gear. I just hate it when I sneeze in my mask."

– **Master Sgt. Roberta Williams**, 39th Air Base Wing career assistance advisor



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

0-1-3: Changing the culture of drinking

Campaign seeks to change how Airmen, others view alcohol consumption

By Capt. Rickardo Bodden
39th Air Base Wing Public Affairs

Despite all the command emphasis placed upon it, alcohol abuse and alcohol related incidences are still a problem for the Air Force, and especially Incirlik Air Base.

In the last three months the numbers increased to more than 30 alcohol related incidents here. Irresponsible drinking has become a "clear and present danger" to our people and our mission, said Capt. Dwayne Buckingham, program manager for the Alcohol and Drug Abuse Prevention and Treatment Program here.

Airmen need to be mindful that they are in the profession of arms and must conduct themselves with honor and professionalism on and off duty at all times, he said.

"Not drinking is always a low-risk choice. But if you choose to use alcohol, drink responsibly," said Captain Buckingham. "Airmen should drink in moderation and know there is a difference between high- and low-risk drinking."

High-risk drinking is, "drinking alcohol that brings blood alcohol concentration to 0.08 gram percent or above," Captain Buckingham said. "For the typical adult, this means consuming four or more drinks (female) or five or more drinks (male), in about two hours."

Alcohol acts directly on the brain, and affects its ability to work. "Often there is an initial elevation in mood and energy followed then by the depressant effects," Captain Buckingham said.

Judgment is the first function of the brain affected as the ability to think and make decisions becomes impaired. As more alcohol is consumed, the motor functions of the body are affected. The point is not to overindulge with alcohol in a short time span, he said.

"Low-risk, or responsible drinking, means drinking in moderation," said Captain Buckingham. "Anything more than four or five

drinks in a row, in a two-hour time span, is known as binge drinking. Individuals should only drink one alcoholic beverage per hour, with no more than three drinks per day,"

"In other words don't have your drinks all at once. If you drink on a daily basis, medical studies recommend only one drink for women and two drinks for men."

Airmen abusing alcohol can lead to severe emotional problems for their families and themselves. Alcohol abusers use alcohol excessively and eventually become dependent on it if intervention does not occur, he said.

Alcohol dependence is when your body requires alcohol to function. Individuals who drink excessive amounts of alcohol without getting the classic "Buzz" need to be especially careful, said Captain Buckingham.

"If you tell me you can drink four or five shots of hard liquor in a short time span without feeling affected, you have indicated your tolerance is high," said Captain Buckingham. "Individuals with high tolerances may not feel buzzed, but their blood alcohol levels are still elevated, and they are impaired whether they realize it or not. Airmen who engage in high risk drinking are likely to be involved in high-risk behaviors and meet criteria for an abuse or dependence diagnosis."

Leadership at Incirlik Air Base and throughout the command face challenges in regards to creating responsible drinking environments.

For instance, the legal age to drink in the States is 21. However, Airmen stationed at Incirlik and other overseas locations are allowed to drink at age 18 or younger.

This situation contributes to challenges faced by stateside leadership. Airmen returning from overseas locations often develop unhealthy and irresponsible drinking habits. But when they PCS back to the United States, where the age to drink is 21, Airmen can find themselves breaking the law, said Captain Buckingham.

Everyone needs to contribute to respon-

sible drinking and hold each other accountable. In an attempt to combat the drinking problem at Incirlik, the Community Action Information Board and the Integrated Delivery System are implementing a "Responsible Drinking Campaign" also known as 0-1-3, he said.

The goal here is to have zero alcohol related incidences, and to encourage responsible drinking habits of one drink per hour and no more than three drinks in a 24 hour time frame.

"If you have more than three drinks you are at increased risk." If you choose to exceed that number, the little voice in the back of your head should be saying 'be careful,' and you should be asking yourself a few questions, like "who is driving me home?"

The campaign will focus on creating a responsible culture that promotes healthy, low-risk drinking behavior. The intent of the campaign is to give a clearly defined drinking norm and keep BAC below .05 percent. Additional information about the campaign will be forthcoming.

If you or someone you know have a problem with alcohol or need information, please contact the Life Skills Support Center at 6-6452.

High-risk behavior

Captain Buckingham describes the high-risk behaviors associated with irresponsible drinking that include, but are not limited to:

- ♦ poor judgment and coordination,
- ♦ slower reflexes,
- ♦ driving under the influence,
- ♦ traffic incidents,
- ♦ arguments or physical fights with spouse or peers,
- ♦ crimes against people,
- ♦ damage to property,
- ♦ suicides and murders,
- ♦ accidental injuries,
- ♦ blackouts,
- ♦ unprotected or unplanned sex,
- ♦ unwanted or forced sex and
- ♦ reporting late to or missing work.



Combat Care is a U.S. Air Forces in Europe program designed to improve the care, attention and information flow to spouses and families and create a sense of community among those coping with deployments.

The family support center is looking for volunteers to form a deployed spouse network. For more information or to volunteer, call the Family Support Center at 6-6755.

USAFE Idol to be selected April 23

RAMSTEIN AIR BASE, Germany – Eight finalists for the first U.S. Air Forces in Europe Idol Talent Contest have been selected and will perform at the USAFE-level show April 23 at 7 p.m. at the Ramstein Officers' Club here.

Community members are invited to the final showdown, which is free and open to all Department of Defense I.D. cardholders, family members and guests. Performers vying to be named the next "USAFE Idol" will be:

Senior Airman Elsie Lengyon, Lajes Field, Azores
Senior Airman Rhonda Smiley, Aviano Air Base, Italy
Master Sgt. Irand Denton, Royal Air Force Mildenhall, England
Staff Sgt. Charles Klode, Menwith Hill Station, England
Master Sgt. Tony Anthony, Naval Air Station Keflavik, Iceland
Maj. Larry Speer, Ramstein AB, Germany
Senior Airman Michael Lemorie, Spangdahlem AB, Germany
Tech. Sgt. James Mull, Incirlik AB, Turkey

"Keeping the performances lively and the judges on their toes will be emcee Tech. Sgt. Chris Vadnais from AFNEWS Detachment 8, Aviano AB, Italy," said Mandy Smith-Nethercott, HQ USAFE Services marketing chief.

The USAFE-level performers were all first place winners of recently held base-level Idol shows. They will spend three days at Ramstein attending workshops with professional musicians and vocalists, before performing at the USAFE-level show.

The performers will sing one song before the USAFE panel of judges. From that initial performance, the pool will be decreased to the top five contestants. Those top five will perform one additional song before the same panel of judges. The winner will be announced the evening of the performance and will earn the title "USAFE Idol."

The USAFE Band ensemble Touch 'N Go will provide live musical



Photo by Senior Airman Jessica Switzer

Tech. Sgt. James Mull, 39th Operations Squadron air traffic controller, was named "Incirlik Idol" Saturday after performing his rendition of George Strait's "Fireman."

accompaniment for the performances, as well as entertainment during the USAFE-level Idol show.

Additional information about the final contest is available at the USAFE Services Marketing and Entertainment website at www.usafesvsmarketing.org.

Advisory panel report recommends family-friendly initiatives for Air Force, other services

By Gerry Gilmore
American Forces Press Service

WASHINGTON (AFPN) — A military women's advisory panel recommends that the armed forces discontinue the practice of simultaneously deploying both military parents of minor children.

That is among several proposed changes the Defense Advisory Committee on Women in the Armed Services cited in its 2004 report.

"Our recommendations are intended to improve the military lives of servicemembers and their families and to ensure that they believe their sacrifice is worthwhile and appreciated," committee officials said.

Recommendations in the report include:

— Developing sabbatical programs and allowing military families the option of

remaining at assigned installations during critical family events.

♦ Evaluating how military training affects single parents and encouraging military leaders to support family-readiness programs.

♦ Implementing a new definition of sexual assault into the Uniform Code of Military Justice for consistent reference.

♦ Ensuring that the official definition of what constitutes sexual assault within the military establishes a clear legal standard distinct from other sex-related offenses.

The committee recommended the military assess the effectiveness of Web-based family support programs such as Military One Source.

The committee did not specifically address recruitment issues but said retention, deployment and sexual assault concerns could affect recruitment.

Quarterly assignment listing available

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Enlisted Quarterly Assignment Listing for people returning from overseas and for stateside Airmen who must move from August through October will be available April 12.

Airmen need to work through their military personnel flight or their commander's support staff to update their preferences by April 29. Deployed people must work with their personnel representatives to update assignment preferences. Airmen will be notified of their selection by mid-May, Air Force Personnel Center officials said.

EQUAL advertises upcoming assignment requirements, by Air Force specialty and rank. People should review, prioritize and update their assignment preferences based on the list, officials said.

People can see the list by logging into the restricted Assignment Management System at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm> or visit the military personnel flight.

Women rising to higher levels in DoD

By Rudi Williams

American Forces Press Service

ARLINGTON, Va. (AFPN) — Women are rising to increasingly higher levels in the Defense Department, a DoD official said during the department's Women's History Month observance here March 30.

The nation's security relies on the quality and commitment of people who serve in uniform and the civilian employees who support them, said Janet Hoffheins, deputy director of DoD Civilian Personnel Management Service's, human resources automated systems.

"A large part of that workforce is, and will continue to be, composed of highly competent and dedicated women," Ms. Hoffheins said. "As we move forward into the 21st century, our challenge is to ensure that the department attracts and retains the best and brightest ... the right people with the right skills to achieve the mission.

"This is more of a challenge today than it has ever been in the past because of significant changes in the labor market," she said.

A recent study shows the federal government is experiencing a recruitment and retention crisis, and that the problems will worsen in the future as demographic and technological changes occur, Ms. Hoffheins said. Officials said the problems would pose a major risk to the continued quality of government services and programs.

"Attracting and recruiting quality people for defense positions becomes the crucial first step in support of readiness," Ms. Hoffheins said.

She said improving the skills of the existing workforce, while at the same time recruiting and educating new people, is a top priority of the department.

DoD officials have always been successful in ensuring that opportunities are there for women in the work place, Ms. Hoffheins said.

Using data sources from the Defense Manpower Data Center and the U.S. Census Bureau, she compared the status of DoD women in 1995 to their status in 2004.

She said statistics show that officer and enlisted women on active duty increased from 13 percent to 15 percent.

The report also shows the number of active-duty women officers increased in several nontraditional occupations, such as engineering and maintenance, tactical operations, and supply and procurement. The same is true for enlisted women, in the areas of tactical operation and supply and procurement.

"DoD civilian women have also made some gains in the professional and technical occupations," Ms. Hoffheins said. "Their numbers have increased from 42 percent in 1995 to 45 percent in 2004 in those fields."

In the higher grades, the proportion of active-duty women in the grade of major and above increased from 11.2 percent to 12.7 percent in 2004.

The same is true for active-duty women in the grade of master sergeant and above, who went from 8.3 percent to 9.6 percent in 2004.

"In the grades GS-13 through senior executive service, the percent-

age of women increased from 18.9 percent in 1995 to 27.5 percent in 2004," she said.

Ms. Hoffheins said the top five occupations in 2004 for the active-duty women officers were nurses, physicians, biomedical sciences and allied health officers, health services administration officers, and manpower and personnel.

The top five occupations for the active-duty enlisted women were general administration, supply administration, general personnel, general medical care and treatment, and operators and analysts.

The top five DoD civilian occupations for the women were management and program analysis, contract specialist, information technology management (formerly computer specialist), administration and program management, human resources management and general attorney.

Ms. Hoffheins said when people think of mission readiness — recruitment and retention — they must also think of education because the educational level of DoD's military and civilian workforce is an important component of readiness.

For college level, she said, in 1995, 20 percent of active-duty women earned bachelor's degrees or higher, and 23 percent of civilian women earned those same degrees.

In 2004, 19 percent of active-duty and 31 percent of DoD civilian women earned bachelor's degrees or higher.

"Women are also a significant factor in creating diversity in a workforce," Ms. Hoffheins said. "Diversity can improve organizational performance, improve work place relations, build more effective work teams and improve customer service."

"(DoD has) long been known to have a more diverse workforce than the overall U.S. labor force," she said. "The female active-duty force is even more diverse than the female DoD civilian and U.S. labor forces."

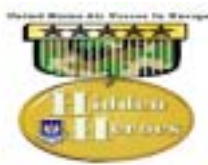
In 2004, data reflect that almost half of active-duty women, one-third of civilian women and just over a quarter of women in the U.S. labor force were nonwhite, she said.

The mainstay of retention is putting people first by developing sound recruiting strategies, followed by comprehensive programs to recognize positive contributions and improve the quality of life for the DoD workforce and their families, Ms. Hoffheins said.

She said DoD must continue to improve its process to provide for adequate compensation, family-friendly programs such as telework and flexible work arrangements, employee empowerment, job enrichment and a workforce free of discrimination.

"It's our challenge to continue to support our troops and to make sure they have what they need to defend our nation today and in the future," Ms. Hoffheins said. "To do this, we must work to ensure that we manage the workforce properly — so we can continue to attract and retain the best and brightest."

And with that emphasis, Ms. Hoffheins said, besides acknowledging and celebrating the accomplishments of women, DoD officials should continue to encourage and monitor the progress of women as a vital and valuable contribution to the defense of the nation.



Hidden Heroes is a U.S. Air Forces in Europe special interest program recognizing people and programs making a difference on base and in the community. The program's goal is to increase volunteerism throughout Incirlik and USAFE. To volunteer, call the family support center at 6-6755.

Fighters flying new missions, Airmen serving jointly world wide

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — In the war on terrorism, both aircraft and Airmen are performing missions nobody ever thought they would, a U.S. Central Command official said.

Air Force fighter aircraft are performing intelligence missions today that they have not in the past, said Lt. Gen. Lance Smith, CENTCOM's deputy commander.

"We are using fighters in a way that I don't think has always been envisioned, at least not by the fighter community," he said. "We have very good sensors on the airplanes. As they fly in both Afghanistan and Iraq, in many cases, they are using those sensors to try and provide situational awareness to people on the ground."

General Smith said the aircraft are protecting high-powered electrical lines and oil pipelines, as well as providing support to special operations forces while providing top cover and intelligence to troops on the ground.

"What you have up there is a thinking, capable individual with a situational awareness that he can communicate to folks on the ground," General Smith said. "He can (also) take action because he is armed and capable of going after whatever target happens to be down there. That is a critical use of a manned (aircraft)."

Some Airmen also are performing missions they may never have thought they would do. They are filling traditional Army roles like truck driver or prison guard. General Smith said those Airmen are performing superbly, though sometimes they are a little shaken by the things they have experienced.

"I have met a number of the truck drivers, right after they had their first experience having real bombs blowing up," he said. "They now know what an improvised explosive device looks like and sounds like, and they are pretty wide-eyed. But, they are also very professional and proud of what they are doing. And, they are doing an extraordinary job."

Immediately following Sept. 11, 2001, the Air Force received assistance from the Army to fill shortfalls in security forces positions; Soldiers then stood as gate guards at air bases around the world. Today, Airmen return the

favor by filling manning shortages in the Army.

"As you know, the Army is stretched right now with the number of forces they have around the world, and our guys have done a great job of helping out," General Smith said. "But because our guys are helping out, some of the Army troops are able to get up there and do what they are better trained to do."

This Army is the type of joint-service partnership General Smith said he has seen throughout the command.

"What we are seeing over there in jointness at the tactical level is the wave of the future," he said. "If you were to go to Balad (Air Base, Iraq), for instance, and look at the joint operations support squadron or the air base ground defense organizations, you'll see Airmen sitting next to Soldiers, and you can't tell the difference."

Airmen, Soldiers, Marines and Sailors are eating, living and working together throughout the region,

General Smith said. It is the kind of jointness he expects will continue long after conflicts in Iraq and Afghanistan have subsided.

"Together they are able to do things I don't think we could do independently," he said. "(The jointness) is working effectively, and our goal is — when this winds down — to continue that effort and train to fight like that."

General Smith said the positive effects of joint-service operations are important, however, he said there are benefits of keeping the services independent of one another.

"There is great wisdom in having the separate services and the tension that is created between them as they look at things from a different perspective," he said. "But there are clearly places we have to be in the same building, looking at the same scope."

Still, the effectiveness achieved by seamless joint operations and by the mission readiness of Airmen and all the sister services is what is making the missions in Iraq a success for our armed forces, General Smith said.

"We are winning over there. We are winning because of the great young men and women performing the mission every day," he said. "They are the future leaders of our country. We are developing young men and women with skills and leadership capabilities that will serve our nation well into the future."

IN THE NEWS

Readiness moving

The 39th Logistics Readiness Squadron mobility section has moved to Building 282. For more information, call Master Sgt. Gregory McCoy at 6-3224.

Storknesting

Labor and delivery services are not available at Incirlik. People who are pregnant or planning to become pregnant can call the 39th Medical Squadron Women's Health Clinic at 6-6787 to discuss storknesting.

Shotgun auction

A shotgun auction is 10 a.m. to 2 p.m. April 16 at the base fitness center. The auction is open to all Incirlik military and civilian people. A preview of the items is 10 a.m. to 2 p.m. Saturday in the enlisted lounge. All weapons are sold as is and there are no refunds. Only cash and checks are accepted. For more information, call Senior Airman Andrew Brice at 6-6669.

External ECAMP

There will be an external Environmental Compliance Assessment Program base visit April 18 to 22. For more information call Brian Panther at 6-3787.

Multimedia center closure

The base multimedia center is closed for a facility move. The office re-opens in Building 975, by the Official Document Center, April 14. The alert photographer is still available for emergencies. For more information, call Master Sgt. Julie Layton at 6-6130.

Career exploration speakers

Speakers are needed to speak at the High School for the Pathway to Careers class. The class meets 9:20 to 10:50 a.m. and the following dates are open; April 19, 25, 27 and 29. For more information, call Kelley Cunningham at 6-6330.

PTSC meeting

The Incirlik American High School Parent, Teacher, Student Club is meeting at 5 p.m. April 19 at the high school media center. For more information, call Senior Master Sgt. John Herkel at 6-6439.



Captured pets seeking new home

By Tech. Sgt. Robert Burgess
39th Air Base Wing Public Affairs

There is more to adopting a pet from the Incirlik Stay Animal Facility at the horse stables than just bringing the pet back home.

People like Staff Sgt. Adena Eberhardt can help with the adoption process for the new pet owner. "There is an adoption form that asks a few questions to help make sure you are making a good decision when adopting a pet," said Sergeant Eberhardt. "It is also mandatory to have your pets' shots up to date and an American Veterinary Identification Device chip placed on them."

For Janie Brister, an Incirlik family member, the decision to adopt a pet was easy. Mrs. Brister grew up in the country and has always had pets. Her five children grew up with pets. "Everything from dogs and cats to rabbits to horses and cows, even ferrets," said Mrs. Brister. "My grandchildren are now growing up with pets."

She and her husband, Douglas, left their pets with her eldest daughter in the states. After moving into a house here in 2004, Mrs. Brister said, "Something seemed to be missing."

She had heard about the old stray animal facility located near the weapons range. The Brister's decided to adopt one cat but left with two hard-to-place cats.

According to Sergeant Eberhardt, in 2004 she, along with handful of dedicated animal lovers, cleaned and cared for many stray cats, and sometimes puppies, daily. She said the facility thrived on the donations from many other animal lovers in the Incirlik community. Before the program came to a halt October 2004, the 39th Civil Engineering Squadron's pest control flight would trap the animals and take them to the facility.

In all, Eberhardt said "We spay or neutered more than 60 cats in a three month period" and noticed a decrease in population within three months. The strays were tracked with tags placed in the ears and released on base.

The current program of trapping animals on base is led by Edwin



Courtesy photo

Little Bit and owner Janie Brister, an Incirlik family member, play together at home. Mrs. Brister rescued Little Bit from the old stray facility as a kitten.

Spalding, a contractor for Vinnell, Brown and Root and the 39th CES pest control foreman.

Since trapping began in March, the VBR team has captured 117 and transported 88 pets to the new stray animal facility operated by Karnak Company.

All captured animals are kept at the facility for three days for adoption and to prevent the possibility of capturing someone's pet. Mr. Spalding said, "Twenty nine were released through intervention. It's not hard to tell when the traps have been tampered with ... if the trap is closed and the bowl of food is empty we can attribute it to a release."

Spalding said his crew checks the traps hourly and reminds people not to tamper with the traps but to call the number on the trap. "The new program was put into place to reduce the number of animal bites on base and to reduce the potential health hazard to people," said Col. David Wilmot, Mission Support Group commander.

People who do not know any better and small children are most vulnerable to a bite or scratch, said Army Capt. Ronald Burke, 39th Medial Squadron base veterinarian. "The ban on feeding stray animals is for the individual's safety. For the safety of everyone do not feed the strays and ask others to stop."

The Bristers' decided after hearing about the new program to adopt another cat. They had planned on adopting a captured cat but when they went to the facility it turned out to be a different cat. "We decided to adopt anyway," said Mrs. Brister.

The Bristers' advice for people thinking about adopting a pet is to remember that pets are for life. Janie said, "It is both unfair and unkind to adopt a pet, love it, pamper it, and then leave it to fend for itself."

People interested in adopting a pet can view animals Monday through Friday from 8 a.m. to 3 p.m. at the stray animal facility located next to the horse stables. For assistance in the adoption process, call Sergeant Eberhardt at 6-6424 or 6-6425. To report a stray or neglected animal, or a nuisance animal, call 6-6356 or 6-6357.

Good to know

When an animal bite or scratch occurs, it is essential that the victim seeks medical treatment right away. Some of the steps taken when a person is bitten are:

- ♦ Wash the wound immediately with soap and water.
- ♦ Medical personnel will determine if the victim needs antibiotics.
- ♦ If the victim does not have a current tetanus vaccine, he or she will receive another one.
- ♦ Report bites or scratches immediately so that the biting animal can be captured and assessed.

If the animal is a pet with a current rabies vaccination, and is healthy, then the animal will be quarantined for 10 days. Afterwards if the veterinarian determines the animal is healthy, the victim does not need any further care.

However, if the biting animal is a stray, or appears unhealthy, the bite victim will need to undergo treatment to prevent potential transmission of rabies. Which includes:

- ♦ Five injections of rabies vaccine and
- ♦ One of Rabies Immunoglobulin within the first 72 hours after the bite to be maximally effective, and can be painful because as much of the injection as possible is injected both in and around the bite wound. (Courtesy 39th Medical Squadron)



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Question: I have been stationed at Incirlik for two years. I am now about to go back to the States. One thing I will miss is the flat bread they serve at the restaurants in the alley. I wonder if you have the recipe for the bread?

I have another question concerning the different kinds of bread. We stopped at a local bakery in Kozan and they had something called “gidva” (I think)—it was like heavy wheat bread. I have heard also that bread is not thrown away because of a sacred belief. What are the different kinds of bread and what do they symbolize?

Response: The restaurants at the alley prepare their own dough for their bread and bake it.

The bakers state that for good and tasty bread you should use good quality flour. The flour produced in other countries might not be the same as Turkish flour.

Start with flour, then add water and salt to make dough. Last, add yeast and knead the dough for a while. Let the dough rise for about half an hour before baking.

Take a portion of dough, flatten it in a long oval shape. Using your finger tips, make designs on it. At this stage different flavors can be added to the bread. As well as baking it plain, you can spread yogurt, cheese, oil, egg, hot pepper or any special spice you want on the bread. The most common thing on bread is sesame seeds.

The dough is ready to go into the oven. After a few minutes in the oven, the top of the dough turns brown, when that happens the bread is ready to be eaten.

Bakers use big wooden paddles to place the dough and take the bread out of the oven. They spread flour underneath the dough so it does not stick to the surface of the oven. Meanwhile, the oven should not be too hot or the outside of the dough will be baked and the inside will be unbaked. That danger appears especially when baking loaf type of bread.

All the restaurants here use wood for their ovens. They do not use electric ovens, because they say the electric ovens dry out the bread and ruins the flavor. The restau-



Photo by Airman 1st Class Bradley Lail

rants bake lahmacun, Turkish pizza, almost the same way and again in the oven burning wood. Tava cooked in the ovens burning wood tastes a lot better.

The flat bread, called pide bread, is a specialty of the southern region of Turkey. You might see some other type of flat bread in other regions, but it tastes very different. Almost every region has a specialty in bread. The common type throughout the country is the loaf type bread. But almost every district, region have its own type of bread.

The type in Kozan must be special for that region. The bread that is special to the Trabzon region, on Black Sea, is very popular throughout the country.

There is another type of bread popular throughout the country. Every Turkish woman in every village bakes the ‘yufka’ bread in the same primitive way. They flatten the dough very thin with the help of a rolling-pin, then spread it on the tin plate over a fire. The thin dough is flipped upside down once or twice to bake both side equally. That type of yufka bread is baked within a couple of minutes.

Bread is the main food consumed in Turkey. Therefore, the government has a control over the bread prices. Bakers cannot raise the price of bread as they wish. It is determined by city councils. Currently, one loaf of bread costs 300,000 Turkish Lira.

Turks consider bread as a *sacred* food given by God. Bread should be treated very respectfully. You cannot step on or walk over bread.

Bread is a major item in Turkish meals. That is why there are so many types of bread. Wasting bread is considered a sin by many people in Turkey. Therefore, many people wrap the stale bread in dark colored

Bread is an important part of Turkish culture. It is always treated with respect so wasting bread is considered a sin. There is a certain type of bread, ‘yutka’ that is made the same way throughout Turkey.

paper before putting in the trash, so the neighbors do not see it being thrown away. Bread should not be thrown away with dirty items.

All kinds of garbage can be seen in the streets— paper, plastic, wood, food, vegetable, fruit, clothing, dust, dirt—everything you can think of, but bread. If a Turk sees a piece of bread on the ground, he will pick it up and put it where it will not get stepped on or where birds or another animals can eat it. Some Turks pick up a piece of bread from the ground, kiss it then put it on their forehead, as a sign of respect, then put it away.

In Turkish

ekmek - bread
(eck - mack)

un - flour
(oun)

somun - loaf
(so - moun)

kutsal - holy or sacred
(koot - sahl)

odun - wood
(o - doun)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil

Support for wounded reaches across America

By Master Sgt. Kimberly Spencer
59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas (AFPN) — Americans watching news coverage of the war in Iraq are asking, “How can I show my support for our brave servicemembers?”

To show their support, many have donated phone cards, frequent flier miles or sent letters and messages.

A group of San Antonio area quilters are doing their part to support wounded veterans. Stitched with love and gratitude, their lap quilts are just big enough to cover the legs of those in wheelchairs or on stretchers.

Military retiree Larry Cromer and his wife Dee, own a quilt shop in Lytle, Texas. They said it was the perfect answer.

“It really hit home,” Mrs. Cromer said. “Here is something we can do. We need to appreciate the members of the armed forces that are overseas fighting for us, and if they’re injured, we can try to make life a little better for them by sending love stitched in each quilt.”

The quilters’ efforts began after learning of a similar project by a Maryland quilters guild.

The project soon grew to more than 30 people. Known as the “Lytle Stitchers,” most of the participants have ties to the military.

As word spread, other local guilds joined the cause.

Mr. Cromer shared their story in a quilters’ Internet chat room and asked other quilters to send blocks of fabric with patriotic themes and colors. The request netted blocks of fabric from all over America. Norma Koth, a Pennsylvania quilter in her 70s, has sent 15 hand-stitched quilts so far, and a North Carolina fabric company donated 2,300 yards of patriotic material.

Local children also participated. Small handprints become angels or hearts, while little footprints share space with the words “Stand for Freedom,” while others draw pictures or write poems.

Each red, white and blue quilt is sewn with a label which reads, “To: An American Hero, From: The Lytle Stitchers.”

“In a small community, you do for each other,” Mrs. Cromer said.



Photo by Master Sgt. Kimberly Spencer

LYTLE, Texas -- Louis Smith adds a pattern to a lap quilt for a wounded servicemember.

“It’s wonderful how this project has spilled out to the world. These (servicemembers) come from every state imaginable, and we want them all to know we thank them and appreciate them.”

The Cromers are working with Maryland Jones, Wilford Hall volunteer services director, to send quilts directly to a field hospital at Balad Air Base, Iraq.

“It’s wonderful how this project has brought our community closer together,” Ms. Jones said. “It has touched the hearts of so many and just keeps growing.”

The Lytle Stitchers also have sent quilts to Scott AFB, Ill., Wilford Hall and Brooke Army and Medical Center in San Antonio.

A quilt means so many things,” said Lytle Stitcher Kitty Janiga. “Warmth, cheer and caring, as well as something for the (servicemembers) to wrap themselves in. They’re perfect; what’s better than a quilt?”

Medics in Balad perform lifesaving mission

By Master Sgt. Jim Randall
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq (AFPN) —

Evacuation team members brace themselves against the rotor wash of a Blackhawk helicopter as it lands, stirring up swirling clouds of dust. They immediately make their way to the chopper and hurriedly bring patients into the trauma center. Within seconds, the emergency room is buzzing with activity as doctors, nurses, radiologists and medical technicians assess patients’ injuries, check vital signs, administer medications and set up X-ray equipment.

This is a typical routine for 332nd Expeditionary Medical Group Airmen, who often repeat this process several times a day at the Air Force Theater Hospital here.

The hospital is a primary care clinic and a

contingency aeromedical staging facility used to provide medical services for U.S. and coalition forces.

Quality medical care and speedy evacuations of wounded servicemembers in Iraq have helped achieve “the lowest mortality rate ever seen in modern warfare,” said former Deputy Defense Secretary Paul Wolfowitz.

Surgeons trained in more than 20 different specialties, and Army combat medics and evacuation teams provide treatment.

“Most of our patients are U.S. military and Iraqi army, national guard and police,” said Col. Chuck Hardin, 332nd EMDG commander.

The medics also treat wounded insurgents, civilians injured by war actions and a small number of “humanitarian” patients, usually children, on a space-available basis,

Colonel Hardin said.

“The children we see here usually have conditions or injuries that the downtown hospital isn’t equipped to handle,” he said. “We can only take humanitarian patients when we have unused beds available, but helping children is especially rewarding for us and goes a long way toward developing good relationships with local families and villages.”

Staff Sgt. Brenda Buchko, an aeromedical technician, said, “We really put our hearts into our jobs, and we want our patients to know that we’re going to give them the best care possible.”

Even as trauma teams go to work on their latest patients, helicopters lift off outside the hospital and soon disappear from view. More new patients will arrive soon, beginning a new cycle of challenges for 332nd EMDG medics.

THE INCIRLIK GUIDE

Variety show

"On Stage" performs at 7 p.m. Saturday at the club. For more information, call 6-6101.

Golf Course

The golf course is hosting a free orientation 5:30 p.m. Wednesday at the golf course. People who attend can also sign up for five lessons for \$99. For more information, call 6-8995.

Playgroup

The preschool playgroup no longer meets at the youth center. Depending on weather conditions the playgroup will meet from 9:30 to 11 a.m. Tuesdays at Arkadas Park. For more information, call Family Advocacy at 6-6452.

Classes for parents-to-be

A mandatory orientation class for all new mothers and their spouses is from 8 a.m. to 11 p.m. every second Wednesday at the hospital. The **Birthing Class parts I and II** are also encouraged for all pregnant mothers (in their third trimester) and their spouses. Classes are from 4:30 to 5 p.m. in the hospital library conference room. For more information, call the women's health clinic at 6-6787.

Youth talent show

A youth talent show is 7 p.m. April 15 at the youth center. Those interested may sign up at the youth center from 11 a.m. to 8 p.m. all week. A talent camp is April 11 to 15. Acts may be individuals or groups. For more information, call the youth center at 6-6670.

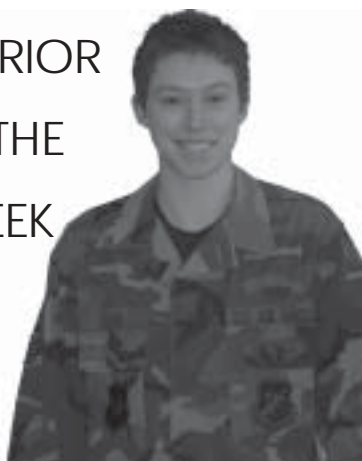
Design contest

The Incirlik library is holding a bookmark design contest for children in Kindergarten through 12th grade. The contest runs through April 30. For more information call the library at 6-6759.

Spamfest Golf Scramble

A four person scramble is 12:30 p.m. April 15 at the golf course. For more information, call 6-8995.

WARRIOR OF THE WEEK



Airman 1st Class Rochelle Lester
39th Maintenance Squadron
Aerospace Ground Equipment Apprentice

Time in service: One year

Hometown: Warrenton, Ore.

Time on station: Six months

Hobbies: Martial arts, playing guitar

Why did you join the Air Force?

For the educational opportunities and to experience different cultures.

What do you like the most about Incirlik?

The opportunity to see a different country

and experience another way of life.

How do you contribute to the 39th Air Base Wing's mission?

I maintain ground support equipment for all KC-135 and Air Mobility Command flying missions.

What is your favorite motto?

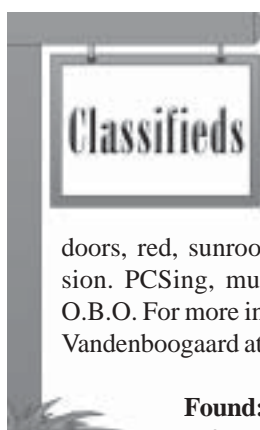
"If you always do what you've always done, you'll always get what you've always gotten."

What Air Force core value best describes you?

Integrity – I try to be honest in everything I do.

Supervisor's quote:

"I'm always nervous when I get a new Airman in straight from technical school," said Master Sgt. Kelly Van Etten, 39th Maintenance Squadron Aerospace Ground Equipment flight chief. "However, when Airman Lester arrived, she instantly displayed a mature and dedicated nature. She integrated herself into the flight quickly and is very serious about learning everything she can about the job. She is a great asset to our mission here and I have no doubt she will continue to excel in her Air Force career."



Yard sale: A yard sale is 8 a.m. to 1 p.m. Saturday at 3080 B Konya Court.

For sale: 1985 Honda Civic, 2 doors, red, sunroof, standard transmission. PCSing, must sell. Asking \$400 O.B.O. For more information call Taylor Vandenboogaard at 6-5559.

Found: A gold men's bracelet was found at the Moonlight Cafe. Those who wish to see if the bracelet belongs to them should stop by the Moonlight Cafe during business hours.

Volunteers needed: The chapel needs volunteers to assist with light office duties. No experience required, training provided. For more information call the chapel at 6-6441.

Services available: The Incirlik club complex can deliver full and half-sheet cakes for birthdays and other important occasions. For more information, call 6-6101.

Position available: Department of Defense Dependent Schools is currently accepting applications for a secretary. Applications may be

picked up at the Incirlik elementary school. For more information, call 316-3109.

Artists needed: The 39th Air Base Wing is looking for artists to design an original art lithograph for Incirlik's upcoming 50th Anniversary. For more information, call the 39th ABW Historian at 6-9667.

Nanny available: Those looking for a nanny can call Ebony Salvati 6-5311 after 4:30 p.m.



This is the solution for the crossword puzzle published in the April 1 edition of the *Tip of the Sword*. Crossword puzzles are published in the first *Tip of the Sword* edition of every month. For more information, call 6-6060 or e-mail the *Tip of the Sword* staff at tip.sword@incirlik.af.mil.



Over the top

During a corner kick, Incirlik High School goalie Louie Navarro, punches away an attempted header by an Ankara High School forward, while defender Rachel Rinehart covers another Ankara forward, Friday afternoon.

The Hodja's played Ankara again on Saturday.

These two games were the first real matches to test the co-ed Hodja soccer team.

"I'm proud of all the players, they did very well for only having three weeks of practice and they all played their hearts out with great intensity," said Chris Hernandez, team coach. "Although we lost both matches, they showed tremendous improvement from the first game to the second and it gave us a chance to see what we need to work on as a team."

The Hodja soccer team will play Ankara again in two weeks before the Department of Defense Dependent Schools European tournament in May at Wiesbaden, Germany. (Courtesy Incirlik high school)

COMBAT, SPECIAL INTEREST PROGRAM

Crossroads Café

The Crossroads Café is closed this weekend. For more information, call Senior Airman Tianna Milagro at 6-6441.

Combat Touch happenings

Officers' Christian Fellowship meets Thursdays at 7 p.m. at 4040 D Adana Street. All officers and their spouses are invited to this fellowship. For more information, call 2nd Lt. James Bridgham at 6-1168.

Catholic religious education is cancelled Sunday. Classes will resume April 17. For more information call Patty Heidlage at 6-3890.

Protestant Women of the Chapel events include: Craft, chat and chocolate today from 6 p.m. to midnight in the chapel annex; Christian women's luncheon Thursday from noon to 1 p.m. at the TurkishCafé.

Hidden Heroes

Incirlik will celebrate Hidden Heroes at the Annual Volunteer Recognition Ceremony at 3 p.m. April 22 at the club complex. All those who have volunteered their time and talents to the Incirlik community in the past year are invited. For more information, call the Family Support Center at 6-6755.



AT THE OASIS

Today

7 p.m. – Hitch (PG-13)(1st Run) – Starring Will Smith and Eva Mendes. Most men have difficulty finding love because it is hard to be yourself. That is where Alex "Hitch" Hitchens comes in. Alex is a "date doctor" who claims to be able to find customers their perfect romantic match in three dates or less. (115 minutes)

9:15 p.m. – Assault on Precinct 13 (R) – Starring Ethan Hawke and Laurence Fishburne. A notorious cop-killer and mobster Marion Bishop is unexpectedly brought to a Detroit precinct during a blizzard on New Year's Eve. By nightfall, the remaining cops and their prisoners find themselves fighting for their lives against a group of rouge cops intent on taking down Bishop before he testifies against them in the courtroom. (108 minutes)

Saturday

5 p.m. – Racing Stripes (PG) – Voices of Frankie Muniz and Hayden Panettiere. A traveling circus accidentally leaves behind cargo, a baby zebra. The foal is rescued by horse farmer Nolan Walsh. The Walsh farm borders the Turfway Racetrack, and from the first moment Stripes the zebra lays eyes on the track, he is hooked. (102 minutes)

7:30 p.m. – Hitch (PG-13) – Starring Will Smith and Eva Mendes. (115 minutes)

Sunday

7 p.m. – Coach Carter (PG-13) – Starring Samuel L. Jackson and Robert Richard. Coach Ken Carter, who oversees the direction of Richmond High School's basketball program in California, found himself in the center of controversy when he locked out his entire Varsity basketball team (including his own son) in order to motivate and push them to improve their grades. (137 minutes)

Thursday

7 p.m. – In Good Company (PG-13) – Starring Dennis Quaid and Topher Grace. Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carrter, is half his age – a business school prodigy who preaches corporate synergy. Both men are going through turmoil at home. (110 minutes)

AT THE M1

The Pacifier (PG) — 11:30 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m., and 11:30 p.m. (91 minutes)

Robots (PG) — 11 a.m. 3:15 p.m. (88 minutes)

House of flying Daggers (PG-13) — 1:30 p.m. and 6:30 p.m. (115 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at www.tepecinemaxx.com.tr. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.